

Joanna Bakken ~ 2016 Workshops

Sundays, 4–5:30pm @ Cascade Wellness Clinic

Jan 24 ~ Eliminating Household Toxins: Sick and tired of getting headaches from cleaning? Are you feeling overwhelmed with information about all the household chemicals you come in contact with? Not only will you learn what is bad and why you should avoid it, but what you can use as replacements. You'll even make a easy multipurpose cleaner to take home! You will be inspired to ditch the chemicals; imagine the room you will have and the money you will save!

Feb 21 ~ Personal Body Care and Beyond: Want that spa experience without the carcinogens that are in most body care products? Learn how to find personal body care products that are safe, healthy and will leave you feeling refreshed and invigorated without having to worry about side effects.



March 20 ~ Composting is for Everyone: Garbage is everywhere! The answer is compost - not only will you be doing something good for the environment but you can reduce your garbage going to the landfill up to 50%. Between hot composters and worm bins, you will have beautiful dirt and worm castings to make your gardens the envy of everyone - plus grow amazing produce.

April 17 ~ Edible Landscapes: Sick of having grass that needs to be watered and the expensive of watering? Turn your yard into an edible garden. It's easy and fun to eat what you grow, not to mention healthy! This is not only an overview of organic gardening and how easy it can be, but also an enticement to replace flowers with edibles.



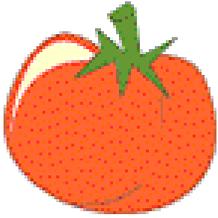
May ~ Demystifying Sustainability: Being green got ya down? Feeling intimidated by the idea of sustainability? Feeling overwhelmed by all the should's and should not's of recycling? I can help! Not knowing what to do or the best way to do something in order to have the least environmental impact can be frustrating. Bring your questions and frustrations to my 6 week course and we will walk through living sustainably. This set of classes will give you tangible, easy ways that you can positively impact your life, your community and the world.

June ~ Living Sustainably on a Budget: This introduction to living sustainably while on a budget will show everyone just how easy it is to make simple changes that will put extra money in the bank and help you to feel better about you and what you are doing for your environment. Green doesn't have to be hard or expensive - A great place to start.

July & Aug ~ Preserving/Canning Made Easy: What are you going to do with the abundance of tomatoes from your garden? You will learn easy ways to preserve freeze and save money in the kitchen (like how to make homemade ricotta cheese). Plus get your questions answered about how to eat healthier without spending more money and time. You will be hooked and want to preserve anything you can!



Sep ~ Recycling - It's more than recycling: Where does our waste go? Where does it come from? Learn innovating ways to reduce what we are using and get more out of what we have. Get great ideas of what to do with non-recyclable items and how to start co-ops of your own.



Oct ~ Lazy Lasagna Gardening: Didn't get your garden going in time this year? Maybe you moved and want to get a jump on your gardening for the spring. You can start preparing virtually WEED FREE beds now! Come and learn how to combine composting with building your garden beds beginning in the fall and throughout the winter so you will have beautiful, ready to plant garden beds in the spring.

Nov ~ Recycling: Who, What, Why: The garbage company picks up our waste and recycling. But what then? Where does our waste/recycling go? Does it really get recycled? How can we make sure? Learn the answers to these questions plus get great ideas about what to do with the non-recycled things that are currently going into the garbage. Holiday gifts? Yes, definitely!



Dec ~ Sustainifying Your Holidays: Appalled with the amount of waste this time of year? Wondering what YOU can do in the face of so much consumerism? I have a stocking full of ideas that you can implement to make a positive difference. These practical solutions are easy to implement and can carry you into the future!

~ Kids Kids Kids: Having 3 kids under 6 is fun! Really? ok - some days it isn't so fun, but mostly we have a great time while recycling, composting, reading labels and using healthy things. See how you too can include your kids in your sustainable efforts and teach them about our planet and good stewardship.



\$10 per class + \$5 for optional materials (if you make a product to take home)

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Cascade Wellness Clinic
663 Sunnyside Road
Trout Lake WA 98650

(Please check CascadeWellnessClinic.com for exact dates.)

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